

A male gymnast is performing a handstand on a pommel horse. He is wearing a red leotard with a white American flag patch on the back and white pants. His legs are straight and pointed upwards, and his arms are extended downwards, gripping the pommels. The background is a dark gymnasium with some lights visible.

USGF GYMNASTICS

March/April 1983

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On the cover/Ann Manning

Ann Manning is a graduate of the University of California where she led her team to four NCAA Team Titles. She has represented the USA around the world since 1977 as a National Team Member. She rounded his highest ever All-around score in the US in 1982. She also serves the University of California, Irvine and the USGF. She was on the 1988 Olympic Team and was a 17 times NCAA All-American. She was the 1984 McDonald's Champion of the USA in All-around, Uneven Bars and Vaulting.

Photos by Gene Black

United States Gymnastics Federation

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Parting Thoughts

ROGER COUNSEL

Since this will be my last editorial as the Executive Director of the USGF, I feel it is appropriate to share with you some wisdom regarding the sport of gymnastics that I feel I have developed in my tenure as its creative Director. That wisdom concerns some flaws in the USGF structure that I have perceived; but before I do that, I have learned as a coach and as one who deals with other human beings every day that I also am compelled first to talk about what is right with the USGF.



The United States Gymnastics Federation was born from the concern that the former organization, the AAU, had become so bureaucratic and so manipulated by so few, it was not truly an organization for the athletes. The United States Gymnastics Federation was formulated by a group of NCAA coaches and has evolved from that point. I feel the USGF has always been an organization for the athletes on an ongoing basis: a network of national competitions and international competition experiences, uniforms, rule books, promotional items, and trips — to mention only a few benefits.

Since the inception of the United States Gymnastics Federation, the benefits to athletes has steadily grown. As our financial capabilities have grown, so has the ability of the national organization to support its athletes, both at a grass roots level and at the national and international level.

We have also assembled not only a new national sponsor (the USGF has had only one other, Budweiser in its history) but we have several other sponsors simultaneously: McDonald's is our national sponsor. Our official car and truck sponsor is Nissan/Datsun. Our apparel sponsor is ASICS/Tiger, and Reebok, Inc., official Nike Varsity just sponsor of our Rhythmic Gymnastics Team. We now have lucrative sponsorship packages which not only produce revenues for the sport of gymnastics, but also increase visibility for our sport.

The coaches are participating more than ever before in gymnastics decision-making at the Board level, and Executive Committee members are participating more than ever before in the decision-making process by virtue of their coordination of and interaction with an expanded committee structure within the USGF. We have improved and enlarged our publications to be personal, editorial, and educational chronicles of gymnastics events which take place in the United States, and solicited a sizeable grant from the Lilly Foundation which should fund the move of the Federation to Indianapolis and give ongoing support for the sport of gymnastics through 1994.

We have established National Coaches and National Teams which are flourishing every week. The level of athletes for both men and women are higher ranked than ever before in the history of the sport in the United States and higher ranked with relationship to the other nations that they have ever been.

There are, however, certain inherent structural flaws in the USGF. I could talk about personalities, but if an organization is structured properly, those personalities that are into personal

power, perquisites, or other goals not in keeping with the philosophy of the organization, could not flourish. Rather than blaming individuals, I blame the flaws in the organization. Essentially, there are two structural flaws. One is that the United States Gymnastics Federation follows the federation model rather than the association model. The federation model, of course, is an association of associations. The association model on the other hand, would be regional representation of representatives to a Board of Directors elected by coaches from various regions. With this model, there can be representatives who are directly named by the coaches and other people with much needed expertise in such areas as law, finances, and management who could advise the Federation administration in a very meaningful, constructive manner. This may seem to be a very insignificant difference. However, when one analyzes the federation model, one finds that there are always some individuals representing organizations who have a vested interest, or who actually view themselves in competition to the very organization to which they belong — The USGF. This has been an ongoing problem in the USGF, not with the majority of organizations, but it doesn't take many to cause serious problems.

The second flaw is in the committee structure of the USGF. I firmly believe that the committee structure is a good one and that the organization should, indeed, be governed by committees. Where the problems arise is that there are certain people who are on committees or who chair committees in perpetuity. That is to say, there are no limits to their length of service, consequently, there are no limits to their power. The USGF authorities, i.e., the Board of Directors and the Executive Committee, should tighten up those seemingly insignificant loose ends by limiting every single committee length of service to two terms, each term being three years. In order to correct many of the problems we have right now, this should not be grandfathered. That is to say, anybody who is in their second term now should be finished after this term is up.

A third problem while not a structural one, arises out of the relative slowness of the gymnastics community and the speed with which gossip — both true, but more often false — is circulated. We in the office have discussed many times how those people we had known before being with USGF administrative offices changed in their attitudes toward us when we became part of the USGF administrative structure. There is and always has been an "us" and "them" attitude between the coaches and volunteers, and the administrative staff of the USGF. I have seen it from both sides, both as a coach and later as a Board member, and then finally from the other side as a staff member. This is a problem where I cannot make a recommendation with regard to a solution, because it relates to the attitudes of the people in the gymnastics community. I have tried complete candor with the gymnastics community, and often times, that in and of itself has caused problems and has been used against the USGF by self-seeking people. I am not recommending being secretive either because that can cause equally as many problems. The USGF needs a full-time person to simply communicate to the gymnastics community what is being done. Seemingly everyone has a solution to the problem of solving the USGF office problems, but usually those people do not know what the challenges of the office are. The only way to make a student, educated recommen-

See page 33



Coaches and club owners: **An injury can cost more than a championship.**

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Welcome Aboard

American sports in America are going through continuing changes. The issues of athletes' rights, professionalism, sponsorships and the 1984 Olympic Games are among the current issues which must be faced. Our sport is not immune to these problems. Gymnastics is involved with them all.



During these times of change, the UGAIF was faced with an additional challenge: A month ago, Mr. Roger Council submitted his resignation as Executive Director of the Federation. After discussion with Mr. Council concerning his decision, the Executive Committee accepted his resignation.

As you probably know prior to Rogers' resignation the Board of Directors of the USAGF had made the decision to move the Federation offices from Ft. Worth to Indianapolis, effective May 2, 1993. This pending change in location required the Executive Committee to pursue the task of selecting a new Executive Director with expediency.

The Executive Committee, in making its recommendation to the Board, based their decision on the individuals' knowledge, past involvement in the sport, effective business experience and proven ability to handle the diverse responsibilities of the position. Also it was of paramount importance that the person chosen would have the immediate enthusiastic acceptance and support of the community community.

After careful deliberation, the Executive Committee on a unanymous vote named Mr. Mike Jacki to serve as acting Executive Director until the Board of Directors could vote on the appointment. The Board vote was taken by oral ballot and Mr. Jacki was elected by an overwhelming majority.

Mr. Jack's background makes him singularly well qualified for the assignment. He has been deeply involved in all aspects of the sport for more than two decades. He is a former All American gymnast and a nationally rated official. His employment with AAG goes far beyond the needed experience in business, marketing and promotion. His recent position as USAAG Director of Events proved his ability to work with sponsors, handle cost issues and coordinate the vital financial areas of these events.

We are confident Mr. Jacks will effectively lead our Federal team during these difficult times and believe he will handle the job with efficiency and dignity. We hope each of you will assist Mike by providing the support needed by the new administration.

The USGF would like to thank Mr. Cornall and his staff for their hard work and dedication to the sport and the gymnastics community. We wish them all great success in their future endeavors.

Let us now work together, communicate and put aside individual differences so that we may reach our ultimate goal, the building of the finest gymnastics Federation and Programs in the world.

Charles "Bud" Williams
President:

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 William J. McCarty, Kansas
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 Bob Neil, Austin, TX
 Frank Korman, Albuquerque, NM
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 John J. Jr., Indianapolis, IN

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Mae Platts, Thine Marchant, Conference Chair
Jeff La Hester, Minneapolis, MN
Tom Lusk, Indianapolis, IN
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Nat. Assoc. for Girls and Women Sports
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At this year's Congress . . .

we have isolated specific areas of interest and have highlighted and emphasized these areas to allow Congress participants optimum opportunity to gain information which they may take home to enhance the quality of their individual program

Lecture demonstrations by:

- Kathy Johnson
- Bart Connor
- Greg Marsden
- Meggan McCullough Marsden
- Wendy Hilliard
- Dave Black
- Ginger Butler



The 1st draft of the 1983 Women's USGF Competitories—presented by the Joint Certification Committee and authors of the new competitor. All who attend will have an opportunity for a written and verbal evaluation.

Business—Gloria Salazar, Steve Cook

Promotions—John Tredda

Legal Aspects—Dr. Herb Appenzeller
Dr. John George
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AMERICAN SOKOL'S EULOGY FOR A GREAT LADY

Mildred Prchal, nee Prochaska, was born August 24, 1895 in the Czech community of Pilsen in Chicago. She was one of seven children, all of whom attended Sokol. At the age of 5, she began her Sokol training at Sokol Pilsen. At the age of 10 her family moved westward and she transferred to Sokol Hardwick. At this time she began taking lessons in ballet, acrobatics, rip and character dancing.

She attended Czech School as a child, her teacher being Mrs. Kuller.

When Sokol Hardwick merged with Sokol Tyro, her instructors were from Rudolph Cerniak, Joseph Bruck, and Joseph Cerniak. In 1918, when two Bruck retired, she was asked to instruct the Women's and Junior Girls' classes. Having attended weekly instructors' classes, plus special courses, she acquired the necessary qualifications to teach, as quite of the fact that all terminology was in Czech and all classes were conducted in the Czech language.

During these weekly instructors' courses, Mildred met Karl Prchal, who helped her tremendously by teaching her practically all the Czech she now knows. They were married in 1936 in Crown Point, Indiana.

She organized the first Women's Instructors Board at Sokol Hardwick Tyro devoted to women's work in gymnastics, and in 1922 the first District Technical Committee.

In 1920 she was a member of the gymnastic team representing the American Sokol Organization at the VII. Net in Prague, where she stayed at several schools in Rhythmus, by Prof. August Oroschew, with her Karl Prchal, one of our great Net musical composers. Studied dancing in Prague, and classical ballet and acrobatics in Paris for 5 months under the tutelage of d'Almeida. She had her own ballet school from 1926 to 1946 in Norway.

During the years that followed, her star grew brighter with each passing year. In her ballet studio she trained many young stars, one of the most famous was the late Johnny Kira. She

taught many Instructor's Schools, in many cities for the American Sokol Organization and Sokol U.S.A., and was the National Director of Women from 1953-1965.

She composed many Rhythmic and Modern Gymnastic numbers for our Sokol units and others, as well as her mass calisthenics and pageants.

In 1964 she wrote, illustrated, and published "Artistic Gymnastics — Floor Exercises for Women", three books on Compulsory Modern Rhythmic Exercises for 1973-1975, and a new edition for 1976-77 also contributed many articles for other publications including the A.A.H.P.E.R. Guide Book. Was Editor of the Technical section of the American Sokol magazine 1964-76.

Her activities outside Sokol include many years as member of AAU Women's Committee, delegate and member to the United States Gymnastic Federation, and the Olympic Committee for several years. Started the trend to modern gymnastics for women, and 7 years ago was elected Chairman of the USGF Modern Rhythmic Gymnastic Committee. Three of the six members working with her on this national committee are from Sokol ranks. She has done extensive traveling in her work in this field, and has been recognized as an authority on Women's Gymnastics throughout the United States and Europe.

The gymnastic community has lost a pioneer, leader and authority.

Sokol has lost one of its greatest!

Sir, Milada was a Sokol in the truest

sense of the word.

We shall miss her, but if there is a redeeming thought to Sir, Prchal's passing it is the recognition that because of Sokols such as she, unassuming and dedicated to our Czech and Slovak heritage, has helped perpetuate an idea that was born some 121 years ago.

Thank you for all you have been to us, for all you have given us, that we may say with pride that

Sokol was — Sokol is — Sokol will be
NATURAL!



MILDRED PRCHAL

Membership: Sokolov Tyro
American Athlete Union
Chicago Dancing Masters Assoc.
United States Gymnastic Federation
Olympic Committee
Rhythmic Women's Group Club
Unity of Czech Ladies and Men
Sokolovskii Osvet

Awards: Honorary National Director of Women,
American Sokol Organization 1965
Honorary Member of American Sokol
Organization 1976
Honorary Member of Sokolov Tyro
Honorary Member of Sokolov Rensselaer Tyrova
Master of Sports Award — United States
Gymnastic Federation 1974
Hall of Fame — Gymnastics
Who's Who in Gymnastics
Who's Who in American Women

1983 McDonald's American Cup Tour

Photos By Dave Black

NEW YORK — For the first time in three years, the 1983 McDonald's American Cup named a new pair of champions — Mary Lou Retton and Peter Vidmar. Defending two-time champions Julianne McNamara and Ben Connor were on hand in Madison Square Garden, and both were very competitive, but Connor failed to qualify for Sunday's finals, and in this optional only international competition, Mary Lou's optional routines simply over-powered Julianne, who placed second, 40 behind the champion.

The Champions — In the eyes of the national media, Mary Lou Retton's road to Los Angeles began on this first Sunday in March of '83 at the American Cup, she lives in Houston, Texas, and her coach Bela Karolyi is the infamous Romanian trainer of Olympic star Nadia Comaneci.

However, long before Mary Lou began training at Karolyi's gym in Houston, her potential as a world-class gymnast had been clearly demonstrated. At the USGF International Invitational last June in Fort Worth, Mary Lou placed 13th-A (37.60) while scoring an impressive 9.80 vault and helping her USA team to a gold medal victory. Throughout 1981 she consistently was ranked among the top U.S. junior elite gymnasts, and won the silver medal in all-around at the USOC National Sports Festival in Syracuse, New York. Later in 1982 she captured the USGF Single Final



final at the AA Championships, while in January of '83 she won the American Classic — the first step towards the Championships of the USA, the World Championships this October in Budapest, Hungary, and perhaps the LA Olympics, a year from this summer.

Mary Lou began training with Bela and Maria Karolyi just after the first of this year. Bela helped prepare Mary Lou for her eventual win at this American Cup, and he will probably help her attain her ultimate potential as a competitive gymnast — but for the sake of the permanent record — Mary Lou Retton hails from the West Virginia community of Fairmont where she was first coached by Gary Bakstski, from the national media will undoubtedly overlook (nice job, Gary...).

Yet, Bela Karolyi's skill for training champions is unquestioned. His assault on American women's gymnastics will be keenly observed and well documented. His adaptation to the American culture of goals, values and motivation should ultimately challenge her one more time. After all, he alone that longed the three decade old dominant the Soviet hold over international world and Olympic competition. In 1979 at Fort Worth's Tarrant County Convention Center, amidst an aching and

Two-time McDonald's American Cup champion Julianne McNamara (left) and her rival in the vaulting-infamous Mary Lou Retton (right).







hospitalized Nadia. Bel's Russian National Team stole the team gold from the Russians. A victory considered by many to be an even greater accomplishment than the unprecedented feat by Nadia at the '76 Montreal Olympics. His nation appears to be an American performance.

And thus, following Mary Lou's floor routine when "The Man" walks out next to the floor exercise mat in his dark blue USA Team warm-up, his broad smile showing his obvious elation, his arms first raised triumphantly high in the air and then proudly around Mary Lou with a well-deserving congratulatory embrace. Well, even East Germany's Machine Ellen Zeiger

Mary Lou's powerful tumbling speaks very well for itself.

(FIG Women's Technical Director) is more inclined to let down that 9.90 instead of a 9.80 on or even a 9.70 score for the new American girl—who is now coached by Bela Karolyi!

And even though it can be conjectured that Bela indeed knows his own value to enhance a gymnast's score in the eyes of the judges, Mary Lou's powerful tumbling speaks very well for itself. Her full-on, second tumbling pass of a layout dismount back and finally her unique final tumbling combination of front to layout scissored side somersaults puts Mary Lou in a tumbling class stand-out only, until now, by Judy Willis.

Nick Gaydon (left) dons a phorce in his gold medal routine on the high bar. (Right) from Fabian poses with teammate Matt Lee before after being crowned champion of the 1981 McDonald's American Cup, beating two past champions, Julianne McNamara and Scott Gossler.

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In total, Mary Lou received six — that's SIX scores of 9.90 or better out of a possible eight scores in two days of competition. No doubt about it, Lela and Maria have their work cut out for them to showpage that "weak event" of Mary Lou's — balanced beam. Which, in fact, they have. Before, Mary Lou's consistency on beam was not constant; she invariably fell off twice or three times as much as she stayed on. But a few small changes in composition — all a, remove the round-off by our step out — due to a wrenching of legs in the round-off and eventual landing which caused a minute shifting of her center of gravity sideways — and therea, a beam score of 9.90 instead of 8.85.

Mary Lou's other two 9.90 events were vaulting and uneven bars. Little debate would be evoked if one were to say Mary Lou is today, the world's finest female vaulter. Her layout Tsukahara full and open-pike handspring half-out, are both awesome — the run, the block, the flight, the distance, excellent landings and good form; if she has a compulsory handspring/full in the same neighborhood, a World Championship's gold medal next October could be hers. Such an accomplishment would mark only the second such medal won by a U.S. female gymnast. The first was in 1976 in Innsbruck, France, at the 19th World Championships when Maria Froderick won the uneven bars event. If there are better optional vaulters in the world today, I have not seen nor heard about them as yet. And even though the round-off onto the board class of vaulters — as demonstrated very well by Lisa Rene Shethers and Maccherino in New York City — will someday develop into double twisting and double flipping vaults, it could be awhile before those vaults can be compared with the same measure of height and distance with which Mary Lou performs now.

Again on uneven, Mary Lou's power and strength are her greatest virtues, enabling her to perform a fine back uprise, giants and a very high and controlled open-pike half-out dismount. However, her bar beat to pole front onto the top rail is distinctive, for it best demonstrates for her a quality of originality for without that, she could be considered a lesser gymnast, who may only flip and twist very, very well.

In the next 1-6 months, Mary Lou will challenge Coach Karolyi in his preparation and strategy going into the U.S. Olympic Trials and the Games themselves. Will he continue to showcase her strong suits of power, strength tumbling and showmanship of performance, and hide her lack of comparable leg and back flexibility and dance artistry behind well conceived choreography? Or will he continue to evolve the artistry of Mary Lou's gymnastics in addition to her awesome power? In either case, Mary Lou Retton's potential is unquestioned, and Lela's strategy of Olympic preparation will be most interesting to observe. His presence on the American gymnastics stage could help solidify a consistency of developmental training in coordination world-class training strategies as the year to come. Optimism about that silver medal for the USA team should never be greater. That's the short-range goal, but what about the next decade? Can he challenge the Russians once again? Time will tell.

Peter Vidmar won everything in the U.S. last spring. He beat Jim Hartung at the NCAA Championships in Hartung's own back yard of Lincoln, Nebraska, and he cruised to a 1.60 victory over Mark Gayford at the Championships of the USA in Syracuse, New York. Peter also beat Bart Conner at last year's McDonald's American Cup, but the judges didn't see it that way. It had been an event Peter and he had trained very hard to win... but Bart won his third American Cup.

In Madison Square Garden's press room following the 1982 Cup, Peter and I sat unbothered as the media focused on Bart, and the women co-champions Julianne and Bulgarian Zoya Grancharova. It gave us a chance to speak about his perfor-

Peter Vidmar (far left) won official double-bar last spring defeating Jim Hartung (fourth right) at the NCAA in Lincoln, Nebraska. Bart Conner (upper right) defeated Vidmar in the American Cup for his third title.

mission, which Peter felt had been his best ever effort to date. At that time he was in a transition stage of difficulty improvement and routine composition changes following the October of '81 Moscow World Championships. He was preparing for the '82 NCAA's and the Championships of the USA. In the two days of qualifying and finals of the '82 competition, Peter had hit 12 for 12 routines, finishing as the top qualifier on Saturday afternoon, beating Göttsche and Harburg, 59.00 to 57.95 and 57.65 for Hart and Jim.

Even though Peter was disappointed his gracious sportsmanship never allowed one negative word to be said towards anything or anyone. Instead, he took pride in himself for his preparation and performance. He knew he had attained a new plateau of competitiveness that would continue to carry over to other domestic and international meets. He knew he would sooner or later have another opportunity to go after that ... down the road, as it were.

He accepted my opinion that he had, in fact, won American Cup with a nod and a smile, a handshake and a "Thank you."

In international competition, the judges, especially so the ones from Europe, have a strong tendency to extend a courtesy of score to the world's "main" gymnasts. This courtesy resembles that which also surrounds a world championship title fight in boxing. The challenger must seemingly knock out the champion — anything less and the champ retains his title. And so it goes on the world stage for gymnastics, but is a former World Cup champion on pommel horse and World Champion on parallel bars. He has been competing at the front line for USA gymnastics since the Pan Am Games of 1975. Thus he is well known and welcomed into the fraternal atmosphere of international gymnastics judging. Last year Peter had to "knock him out" to win the Cup, which many coaches felt he indeed had, scores placed at that time ... but not the judges.





The Men's Meet — However, now one year later it appeared the shoe would be on the other foot — this time in favor of Vidmar. I flew into New York extolling the men's competition would be a battle between Vidmar, Russians Arsenov and Maminskiy and Japan's Sotomura. Michael Nikolay (GDR) again would not be in contention or training for this meet, and if Conner had not improved and up graded his difficulty to meet the world standard of today he wouldn't stand a chance for finals let alone challenge Vidmar and all for the Cup. With the homecourt advantage for the Americans my pre-meet prediction was Vidmar.

But when I arrived at the Garden for Friday's last day of pre-meet training it was Bart who had impressed the folk. I spoke with, and they were then predicting — "If Conner hits, he'll deserve to win." Bart had done what Vidmar did the year before — up graded difficulty and improved routine composition. On floor he was using three double-backs in variation, rings were beefed up with added strength and a swarming double dismount, on vault he was using a Tsukahara full which he has only infrequently used up to now, he was demonstrating parallel bars with a pike double back and his high bar nine men work had vastly improved and in practice he'd been slinging apple backs off pike. Everyone was pleasantly surprised.

As for Bart, "I'm finally healthy" indeed, since the 1990 U.S. Olympic Trials in Jacksonville, Florida, when Bart tore a bicep away from its insertion, taking a year to heal ... he was then plagued by a series of ankle and other little nagging injuries — it was good to hear that he was healthy. He certainly looked good, stronger in his shoulders and forearms than ever before. When everyone seemingly had his epitaph written, it appears a combination of regained good health and conditioning and the state-of-the-art training given now on the University of Oklahoma's campus has allowed Bart to once again blow back into a competi-

Russian Vlaslav Arsenov (left) and Stephen Nordin (right) were thought to be in the running for the Cup's coveted gold.



time since with the world's top gymnasts. Bart's competitions are always dynamic, so now with a host of options he could once again challenge for the national championship this June in Chicago. In any case, Bart was in New York and ready to defend his title.

Conner would have to defend his title against 22 competitors from 14 nations. Besides Vidmar, Mitch Gaylord would also compete for the USA. The biggest question about Mitch would be to what extent he would be competitively insured for this meet. His last international competition for the U.S. was in late November at Japan's Chusendo Cup, where he placed fifth AA. The NCAA earlier had ruled Mitch ineligible to compete with UCLA this season because he toured last winter with the U.S. Professional Circus. This would be Mitch's first appearance in the top U.S. international event.

The before mentioned challengers, some with excellent competitive credentials, would have a tough time winning the Cup seeing only one foreign gymnast has ever won in this meet's seven year history (Japan's Mitsuo Tsukahara won in 1977, with American Conner and Kurt Thomas each winning three championships).

Artemov and Martinko are a part of the deep and talented group of Soviet male gymnasts under 23 years of age. Japan's Sozenaru and Hirotsuki Gushi had finished seventh and sixth in their '83 nationals. There were three national runner-ups besides Gaylord — Romania's Dan Ciolobanu, France's Jean Luc Gaillet and Canada's Warren Long. Switzerland's Marco Fusi was their '82 national champion, while Canada's Philippe Chatriand was his country's national junior champion. Bulgarian Boyan Belichiev, AA bronze medalist at the '80 Moscow Olympics, was on the comeback trail, and GDR's Michael Nitschky has ranked among the world's top 10 for several years.

Once again though, these top competitors from Europe and Asia fell victim to early scheduling within their seasons. Here in the U.S. our gymnasts are in competitive form because our college season is peaking in March, but second the world it's just the beginning of competition for 1983 — especially so with these World Championships in late October. Because of this, Sunday's qualifying round ran afoul of low scoring — injuries to Long and Delchev and a total of 41 routines which scored 9.20 or lower (not including vaulting) made for a somewhat sloppy meet. In pommel horse alone, 14 scores fell below this mark.

Even among the top nine finishers who qualified for finals there were 11 scores of 9.50 or under. One of those being a 9.25 high bar score for Bart. It was his last event, and Bart was leaving a top meet. What had showed in training carried over to competition, Bart could now blend his experience, exceptional technique and form with up graded difficulty. Flair, pommel horse and especially rings went well and even in vaulting he avoided a near disaster. He practically missed his second hand on the horse, but completed a Tsukahara fall with what looked like a serious block. The landing was low, but it was a fine vault that scored 9.75. Then, following a 9.60 PB set, Bart had completed the tough parts of BB — one arm combinations and his Geringer — when he scooped into irrevers and lost his grip with one hand. He hopes for an superconcentrated fourth American Cup effort. He still finished fifth in the qualifying round, but behind Mitch and Peter — the rules allow only two gymnasts per country to qualify into finals. Bart's one slip cost him a 3 major bonus, if he had scored 9.75 (instead of 9.25) he would have finished in second qualifying with 16-40, behind Vidmar's 30.55.

Thus, Bart didn't make finals — but he could have, and deservedly so. And perhaps this illustrates the current strength and trait of the American men today — man depth. Bart could have made finals and so could have Jim Hartung, Scott Johnson, Ray Palumbo, Phil Cahoy, Tim Duggert, Mario McCannone and Chris Rangel. The days are over, at least for now, of a definitive national champion and a couple of top gymnasts. The more we see of the world, the stronger USA depth appears. For the men, a few future events that should become shows not to miss — the '83 and '84 Championships of the USA, and the competition between the USA and Japan at '83 World Championships and the '84 Olympics.



Japan's Riki Isomura (above) qualified for the finals while Bulgaria's Ralche Delchev met with an early injury.



The finals. In order, the qualifiers included — Vidmar (USA), Artemov (URS), Martiniuk (URS), Gaylord (USA), Sotomura (JPN), Nikolay (GDR), Onoda (JPN), and Piane (SUI). These men also include Sotomura's announced event champion: FX — Vidmar, 9.80; PH — Martiniuk, 9.85; R — Conner and Gaylord, 9.80; V — Artemov, Gaylord, Conner and Nikolay, 9.75; PB — Vidmar, 9.85 and PB — Vidmar and Gaylord, 9.80.

Before competition began, the favorites were Vidmar, Gaylord and the two Soviets. However, the dark horse was Koji Sotomura who was capable of six clean routines which could score in the 9.60 range. Any mixed routines from the top competition could open the door, he could 9.65 himself into a title.

Such an occurrence did seem likely, but in the first event, floor exercise, Artemov was short on his piked full-in mount to score 9.50 and finish last, 50 behind Vidmar. Artemov had finished the qualifying round in second with a 9.60, 35 behind Peter then. He was considered Vidmar's toughest challenger in Sunday's finals, but now he was virtually out of the running unless a rash of missed routines happened. This was Artemov's third time to compete in the U.S. in less than a year. He first competed in Gainesville, Florida, last spring in the USA/USRR dual meet, and he then returned in December to tour with the Russian collegiate team. He is one tough junior gymnast, perhaps a wrong candidate for these '84 Olympic team.

Vidmar earned a 9.80 to begin the competition with a strong, well-tumbled floor art. His three variations of double back — rack full-in, rack and pike — were all high with solid landings. After the first event, Japan's Onoda was in second, scoring a 9.80 with a very high, triple full mount highlighting his routine.

Pointed horse set the tempo for the remainder of the meet, all the top competitors. Even Michael Nikolay managed to stay on today. As the reigning world champion on the pommel horse from the '84 Moscow meet, he is the most experienced world champion in any event in senior Russia. Martiniuk won the event with a 9.85 set and replaced Onoda in second, still behind Peter — 19.70 to 19.45. Martiniuk's form and good body extension highlighted his longheaded circle work. Now, as everyone has added floor and handstands to their routines, it appears the elements which will separate the top performers will once again become the quality and multiple variations of back work in combination with on and off pommel work. The Russians are now addressing body position, flexibility and toe form more today than ever before, and on pommel horse both Martiniuk and Artemov demonstrated this. Artemov and Vidmar tied with 9.80's.

With Gaylord went into the third event, rings, tied for third with Onoda. He had hit two for two and each set had scored 9.70. In qualifying his horse set was just a bit rough, scoring 9.45, so in finals he was off to a solid start. He didn't win rings. Vidmar did with a 9.90 (disappointing with a well landed double-

twisting double), but Nikolay's 9.95 vaulted him into second place. It was a position he kept to himself for the remaining three events.

Vaulting once again was a throwaway for scores, everyone hit and earned between 9.70 and 9.85. Onoda's layout Boskars was won, but it was only because Artemov did not compete what he had showed earlier in the week's training. He completed a tucked handspring front half out, but landed a tucked IV, twisting "half out." In training the vault was high, had great distance and an easy landing — it was some vault!

After four events, Peter maintained his lead with a 39.35 score. However, the spread between Gaylord in second at 39.10 and Artemov in sixth with 38.60 was only .45 for these five gymnasts with PB and PB to go.

Momentum changed around a little in parallel bars. Until this fifth event the attention was focused on the competition between gymnasts, but now the judges wanted into the show. First, however, Martiniuk did exactly what he did the day before — missed his mount of cut to support immediate front grip. He was short on the toes, took a couple extra swings and scored 9.50, he too took himself out of the meet with a missed routine. Then, a few gymnasts later, Gaylord swung through a nice 9.60

Peter won with consistency; and six top routines

set only to score 9.95, win the event and create a one-two USA. As final Vidmar and Artemov were clearly superior in technique, form difficulty and composition. Artemov swings some of the finest PB in the world, his ending sequences of the "butterfly" backsets, hop pommel, back hand, back-hand, double back dismount are superb. But —

Peter Vidmar wrapped up his first American Cup title with a solid high bar performance. He tied to win the last event with Martiniuk who used a couple of excellent releases (including a high reverse hecht) and uneven combination work to score a 9.55. Vidmar was just a touch off in his Mercklow and quickly removed the Gieger which immediately follows, but nailed his new dismount, using a layout double back. His 25 lead going into the final event was never seriously challenged.

Peter won with consistency, and six top routines. The two Soviets missed, but once again demonstrated the immense depth they enjoy on their national team. Much Gaylord, however, also exemplified the USA team depth — hitting six for six routines with solid difficulty.

Before the final results were announced and the award presentation made, there was a brief moment to congratulate Peter on another excellent meet and this year the all around title "Makes up for last year ah?" The smile from the 1983 McDonald's American Cup champion gave the boy answer.

		FX	PH	R	V	PB	MB	AA
								Total
1	Peter Vidmar	USA	9.80	9.80	9.85	9.85	9.85	59.35
2	Vladimir Artemov	URS	9.70	9.80	9.70	9.70	9.75	55.25
3	Steven Martiniuk	URS	9.75	9.85	9.70	9.60	9.45	55.35
4	Michael Gaylord	USA	9.85	9.80	9.80	9.70	9.45	58.18
5	Barb Conner	USA	9.70	9.80	9.80	9.70	9.60	57.60
6	Koji Sotomura	JPN	9.60	9.45	9.40	9.60	9.45	52.25
7	Michael Nikolay	GDR	9.50	9.60	9.50	9.70	9.30	56.60
8	Hiroshi Onoda	JPN	9.25	9.20	9.20	9.60	9.45	56.75
9	Marco Piane	SUI	9.50	9.20	9.40	9.60	9.40	55.10
10	Jurgens Belgien	FRG	9.10	9.10	9.20	9.40	9.30	55.10
11	David Whitten	USA	9.20	9.20	9.40	9.60	9.40	56.25
12	Frank Borchardt	GDR	9.40	9.40	9.60	9.30	9.10	55.10
13	John Piane	USA	9.40	9.10	9.55	9.30	9.20	55.50
14	John Lutz-Gibson	FRG	9.20	9.00	9.20	9.60	9.40	54.40
15	Phyllis Conner	USA	9.10	9.00	9.40	9.40	9.30	54.20
16	Katherine Henrich	USA	9.70	9.20	9.60	9.30	9.40	54.20
17	Adrian Angier	FRG	9.10	9.10	9.10	9.40	9.40	54.20
18	Barb Conner	USA	9.20	9.25	9.15	9.50	9.40	53.50
19	John Henrich	USA	9.40	9.20	9.20	9.10	9.20	52.15
20	Tommy Gifford	GDR	9.30	9.10	9.10	9.10	9.10	52.50
21	Steven Belcher	USA	1.00	9.10	9.10	9.10	9.10	44.20
22	Warren Long	USA	9.25	9.30	9.30	9.30	9.00	50.50

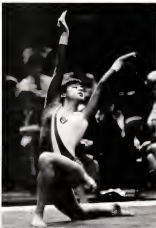
McDonald's American Cup Qualifying Results March 5-6, 1983 Madison Square Garden New York City, New York

Final Results

		FX	PH	R	V	PB	MB	AA
								Total
1	Peter Vidmar	USA	9.80	9.80	9.80	9.75	9.80	59.35
2	Michael Gaylord	USA	9.70	9.70	9.80	9.60	9.60	58.18
3	Steven Martiniuk	URS	9.60	9.60	9.60	9.60	9.60	56.10
4	Michael Nikolay	GDR	9.50	9.60	9.60	9.70	9.40	56.60
5	Vladimir Artemov	URS	9.30	9.40	9.70	9.60	9.30	57.30
6	Koji Sotomura	JPN	9.40	9.30	9.40	9.70	9.40	56.60
7	Marco Piane	SUI	9.30	9.10	9.30	9.50	9.40	56.10



Patrice Talyurev (above) and Russia's Yurchenko (below).



The Women's Meet — American's Mary Lou Retton, Juhanne McNamara, and Tracey Talavera all had an excellent weekend in New York City. They hit all their routines, leading an eventual one-two-three USA finish in the qualifying round, while the rest of the world stumbled behind. In Sunday's qualifying competition, over 40% of the routines scored 9.25 or lower. As last year, a strong group of "rained" world-class gymnasts were sloppy at the beginning of this international competitive season.

As with the American men, the USA women's team depth is better than ever before.

The reigning '82 World Cup Champion, Russia's Natalia Yurchenko, finished last in Sunday's final. She missed three of four routines, but it was only because she probably was not in 100% routine condition as yet. After all, she didn't win the World Cup, an optional competition between many of the world's top gymnasts, with card tracks. However, the world's loss is a USA gain. Home meets always have their advantages, but a USA sweep of the qualifying round, and finale was well deserved — signifying another one of the many indications that America's women gymnasts will be well prepared for the '84 Games.

As with the American men, USA women's team depth is better than ever before. American Cup Champion Mary Lou Retton, flew into New York as the U.S. alternate for the meet. Her Houston teammate, Chene Darbus, had earlier been selected by the USGF National Office to compete with Tracey and Juhanne. Darbus' winning all-around performance at the '82 International Invitational had pronounced her viable worth as a world-class gymnast in the international arena. In the weeks preceding the

Bela Karolyi takes U.S. gymnasts under skilled wing

Sally Wilson

©1992 Dallas Morning News

HOUSTON — The drive to school used to weave through the hilly, wooded land of The Woodlands toward a small town called Devo. Along the way, Bela Karolyi would pass count Dracula's castle. Where this road stands supposedly once held the counts' victims. Wind howl and wolverine roars on the forest on the road sides.

The gymnastics high school in Devo was nothing of not so hard. With the centuries-old walls, Karolyi created from scratch a girls gymnastics team that beat the Russians and gave unprecedented attention to his small Eastern bloc nation.

In early 1984, Karolyi and his wife, Maria, left the school and drove through The Woodlands for the last time, leaving behind their 7-year-old daughter.

January 1985: You drove along FM 1960 just north of Houston. Every 10 yards or so, a portable signboard says: *Becky Pinsky — Strip N Go — RUSS! Purnthorn — SALTZ — Gold Coast Power Shop*....

On the left-hand side of the road, a railway sign with a red arrow on top oddly points toward a bulldozer in an empty field. The sign says, "Karolyi Gymnastics — Boys & Girls Team."

The field you discover, is not where the Karolyi gym is located. It's down the block. This Karolyi gymnastics school has no historical significance, it's a rural, windowless building 260 years old. U.S. 1960 Tall pine trees shade the adjacent lot, a double wide trailer means one door.

"This team now — I'm not exaggerating — is the most powerful in the country" —Karolyi

"It was a rainy day, and pretty humid," Karolyi says describing his first look at the place. "Bad impression. I thought it was a little bit strange, this metal building. But then I saw that every business here has a metal building. And the good impression was the evergreen environment. I love woods and trees."

Early in the afternoon, the building is quiet except for the drone of an air-conditioner unknown voice and a dispenser's drill. The ceiling and upper walls, covered with insulation the color of dirty water, cast a bleak pall over the place. Upstairs on a deck that overlooks the gym, two Mexican posters of Nidia Comaneci flashes one wall. Karolyi sits on a garage side couch on floor of them.

"This team now — I'm not exaggerating — is the most powerful in the country," Karolyi says. "Maybe excepting the Russians we can beat anybody in the world."

By the time the 1988 Olympics are over, Bela Karolyi plans to have made an impact once again on the world of gymnastics. It will be with American girls and Texas backing, but nonetheless will have the Karolyi imprint.

Karolyi, his wife and youngest daughter Andrea have been in Houston since last February, and already he has lived the top woman vaulter in the U.S. to move there — Euzene Durban in December, 14-year-old Mary Lou Retton, who recently finished first all-around in the American Classic, left West Virginia for Karolyi's school.

Karolyi took Durban, 15, to an individual meet in Tokyo in November. The only other American was Tazuko Takemura, the

Cape, Bela Karolyi began lobbying for Mary Lou's additional inclusion into competition. Thus, enlightened of Bela's strategy, she was brought to New York City as the alternate in order to show case her talent to the world during the training sessions prior to the weekend's competition. However, during practice, Durban strained an already tender muscle around her hip and was forced to withdraw from the meet. The door then swung wide open. Mary Lou didn't hesitate! With two events running at a time during qualifying, Mary Lou was fortunate to begin on vaulting. She ruled an exercise beyond Takemura's to score 9.90. Julianne began on uneven bars; she, too, scored a 9.90, as both talented Americans led for the lead after the first round.

Two American gymnasts ... competing in two events ... scoring two well deserved 9.90s ... winning two events ... It appears to be a sign of the times.

He is someone people do not question too often, but his bar settings for Yurchenko were a bit off.

At the end of the second round, Julianne and Mary Lou remained in the lead, but not without a bit of controversy. While Mary Lou again scored 9.90 on bars and Julianne scored 9.70 for a back Takemura full, AMF-American equipment representative Jenny Pantano found out first hand there was another "hot" international coach on the floor besides Bela Karolyi. After the first event, Russia's Yurchenko was in third 10 behind Retton and McNamara, but she missed on her next event, uneven bars.

Yurchenko is coached by Vladimir "The Bear" Nastanovsky who is also Albert Schenker's coach. Most notably Nastanovsky has trained former Olympic Champion Ludmila Turischieva and 1988 Olympic Nidia Rugepashkova. He is someone people do not question too often, but his bar settings for Yurchenko were a bit off — the top rail was set a notch too high. When called on it, he was field, but rules are rules — even for the Soviets.

The new lower bar setting caused Yurchenko to take several extra swings after her reserve fault. Normally bar bars are excellent, including a combination of seven faults to immediate Ditchbox. But not today ... Her 9.40 was a generous overrule. She was lucky to qualify for final, and, fortunately enough, throughout the remainder of the afternoon Nastanovsky kept returning to the uneven — sometimes alone, sometimes with

best-known U.S. gymnast Durban won the vault and finished second on the uneven bars. Takemura didn't win a medal.

The meet was Karolyi's international debut as a U.S. coach. The Russians were not the first to welcome him back.

"The Russians hoped after our defection that they escaped from us forever," says Karolyi, with a smile. "It was a big surprise there for everyone that I came up with a strong gymnast, and it was incredible for the Russians to see how we can do it. They really got upset."

"Everybody said American kids are spoiled, no ambitions, they don't want to make a commitment. Kids are the same everywhere in the world. Communist or capitalist, it's something they don't want to do, they'll just say 'forget it'."

Karolyi, a fit man of 48, has applied virtually the same system in the U.S. that he has used for 20 years. The basis of it is hard work, with particular emphasis on technique. The only change is a return to the mistake that was set aside with the advent of difficult variables in the 1970s. That, he says, will be his new mark.

Karolyi heads downstairs, past two video machines and heads out to the vault area. Fictive, Durban and three other gymnasts are at the opposite end of the runway, laughing and joking like, well, 14-year-olds. Retton is in mid-air when she gets the nod from Durban that the coach is waiting.

"We had called last night, and he said, 'How's it going?'" says Retton. She lifts on her toes and starts to take off. "Word!" she yells back to Durban.

footnote, sometimes with other Eastern Bloc officials. AMP's president, Larry Fle, has probably received by now a letter from Kovacs and HEG bencho Van Tine complaining about the inference standards and specifications of AMP's equipment while threatening replacement of the official Olympic apparatus. Oh, well — on with the meet.

Not everyone who made finals hit their four. Retton and McManama did, but Yurchenko missed twice (again on BH). Shushova fell on bars, Romanova Agache fell on beam and Bulgari's Gratchikova also fell on beam. However, Tracie Talavera hit four solid routines only to meet the same fate as Conner — qualify for finals but get bumped out because she was the third American when only two could compete in finals. Unfortunately, but as with Rostomovsky — rules are rules.

Still, Tracie's performance was noteworthy. Typically as when her obvious maturity is more evident with each passing month and competition in vaulting she was experimenting with the round-off onto the board into an open-pike Pukobenko-type vault. In the future, a back full will probably be added. However, she completed a piked handspring half-front — a little short and low scoring 9.95. Bars, beam, and floor were strong — 9.70, 9.60, 9.55. Her maturity of experience showed clearly on beam, she was comfortable and elegant, winning the event. Her total of 38.40 placed her third AS, but not into finals.

The Finals — No qualifying scores carried over which gave new life to those who had missed on Saturday. GOR's Franka Volght and Czechoslovakia's Alena Dreyanova were not necessarily talented enough to win, but anyone of the other six — Retton, McManama, Yurchenko, Shushova, Gratchikova, or Agache — were capable of winning this year's Cup. Could Mary Lou continue her 9.90 streak? Who would hit or miss? The Americans had the edge, but Gratchikova snuck past everyone last year to the balance beam.

All eight gymnasts hit in vaulting, the first event in finals, and except for Mary Lou's 9.95, all the scores ranged from 9.50 to 9.70. Dreyanova (TCH) open pike Bukabenko was overcorrected at 9.50, while Agache's insensitive $\frac{1}{2}$ on $\frac{1}{2}$ off handspring front with back full twist seemed drastically underneeded at 9.60. She could have been close behind Retton. Instead there was a three-way tie for second with Yukawa and the two Russians at 9.70.

Romanova's beam Agache failed to make the finals when she fell off the balance beam.



She misses the vault, and Karolyi takes her arms and thrusts them out to show where she's not following through. A storm cloud of frustration closes in on her face. The girl walks back to the opposite end and flings her arms against the wall.

A week later, Retton comes back to the gym with the first 10.0 ever scored in the vault in an American meet.

When Bela and Marta left Romania for the U.S. Media tour in early 1981, they were unhappy and feeling increasingly helpless. The government was sending a gymnastics federation official and a security agent on the trip for the first time. Their control was slipping away.

The situation had worsened since the 1976 Olympics, when the world, courtesy of television, fell in love with a pious, stoned Nadea Comaneci. The government began making its presence felt in the halls of Transylvania, requesting that the Karolyis and their girls make speeches and put on exhibitions. They introduced the girls as representatives of the Communist youth.

"As soon as they recognized that people knew Romania more for Nadea than the Communist party, they started to assume she was the result of their system," says Karolyi.



Bela Karolyi feels after the Olympics in '84 he will have made another impact on the world of gymnastics.



Both Soviet girls performed round-off onto the board vaults and used back Tuckers on falls in the post-flight phase while Julienne completed a Tuckers on fall in the conventional manner of round off onto the horse first.

In uneven bars, Mary Lou kept her lead over Julienne of 15 with another solid set scoring 9.90. The story again centered on the two Russians, each spinning and falling on Delivers. Shikova has not yet hit one of four bar routines in the last two years of American Cup. Last year she failed to complete her giant. For Macherova, bars was the start of three miserable events for her, after an 8.80 she lost her momentum entirely.

The third event spelled disaster for both Agache and Grant chosen who were in third and fourth before balance beam. Vaughn, Shikova and Macherova each missed as well, both Russians disappointed with fall on Turn, excepting for Macherova, everyone performed well in floor exercises.

Consistency can, and often will, beat difficulty

The final order was basically determined by consistency. Both Julienne and Mary Lou hit four of five, and finishing in third was Czechoslovakian Drevyana who was the only other gymnast to complete four routines. She merely "9.55" herself into the bronze medal, underlining just one of the most basic lessons of competition — consistency can, and often will, beat difficulty. In fact, Drevyana's clean and consistent beam routine scored a 9.75 good enough to win the event and break up an absolute clean sweep of the event and all the events by the Americans in two days.

The McDonald's American Cup is the premier showcase competition in the US. Rusty Johnson, Trevor Blalock, and Julianne McNamara have each used American Cup to showcase their potential to the world prior to a World Championships competition. All three American gymnasts won a bronze medal in their next major world meet. What then will the future hold for Mary Lou Retton? Perhaps Coach Bela Karolyi has some idea. Indeed!

The USA's Julienne McNamara came through with a silver medal in the McDonald's American Cup. She finished with a total of 35 points. 30-point gold medalist Mary Lou Retton.

Karolyi, whose patriotism fell in line behind his pride, could not work with the interference. He quit as national coach. The government then cut his budget. But there wasn't any place, he says, to defect. His room was in Banatrasnic, and his whole life had been wrapped around gymnastics.

On the U.S. side, the Karolyi pride was getting even sicker. Mats and he would watch television interviews and read in papers about how Nikolai Puma, the federation official was Nudak's coach, and yes, he was responsible for the girls' development. Day after day.

The night before the plane was to leave New York for Romania, Mats and Bela spoke the word defection. They stayed awake all night, discussing the pros and cons, back and forth, until pride got the last word.

The girls were gathered in a room the next morning. Bela forced himself to look each in the eye while he explained the decision. Then he left the room quickly. The ones spilling over their cheeks would lead to his outside the door.

Mats and Bela picked up their suitcases and took a cab to a relatively place in Manhattan. It was March 30. Somewhere, every one else seemed as confused and torn as they were that day as if an emotional whirlwind inside had caught and along the streets.

"By some magical coincidence," says Bela, "President Reagan was then the same day."

The Karolyis got several offers once word spread out that they had defected. They chose Norman, Ohio, where they could teach at the university and have a separate program out of a gymnastics school.

McDonald's American Cup Qualifying Results March 5-6, 1983 Madison Square Garden New York City, New York

		Y	BB	BE	FC	AA Total	
1	Mary Lou Retton	USA	9.90	9.80	9.85	9.90	39.35
2	Julienne McNamara	USA	9.70	9.60	9.70	9.80	38.80
3	Denise Williams	USA	9.20	9.70	9.80	9.80	38.40
4	Chia Inoué	JPN	9.60	9.70	9.75	9.75	38.75
5	Larisa Agache	ROM	9.60	9.70	9.70	9.65	38.65
6	Anna Macherova	CZE	9.60	9.40	9.65	9.65	38.30
7	Lydia Ingh	GBR	9.50	9.45	9.60	9.50	38.15
8	Alison Sharpe	GBR	9.55	9.30	9.70	9.70	38.15
9	Alma Drobnik	TCH	9.45	9.40	9.55	9.35	37.75
10	Cheryl Westendorp	GBR	9.40	9.30	9.50	9.30	37.50
11	Isabel Heng	FRG	9.55	9.00	9.55	9.50	37.15
12	Pekela Luczak	FRG	9.55	9.45	9.50	9.25	36.75
13	Rita Williams	USA	9.40	9.40	9.40	9.15	36.35
14	Bella Kirov	CAN	9.50	9.40	9.40	9.40	36.30
15	Marta Jurek	GDR	9.75	9.40	9.45	9.45	36.45
16	Marian Gier	GDR	9.10	9.10	9.30	9.40	36.70
17	Julia Johnson	USA	9.20	9.40	9.70	9.20	36.40
18	Anna Maria Desros	CAN	9.20	9.40	9.70	9.40	36.40
19	Tamara Stuk	JPN	9.40	9.30	9.70	9.10	34.70
20	Shirley Heng	JPN	9.10	9.40	9.70	9.40	34.60
21	Marlene Lutzke	FRG	9.25	9.30	9.30	9.30	35.40

Final Results

		Y	BB	BE	FC	AA Total	
1	Mary Lou Retton	USA	9.90	9.80	9.85	9.90	39.35
2	Julienne McNamara	USA	9.70	9.60	9.80	9.80	38.80
3	Alma Drobnik	TCH	9.75	9.60	9.75	9.65	38.45
4	Denise Williams	USA	9.70	9.65	9.70	9.60	38.15
5	Larisa Agache	ROM	9.60	9.60	9.65	9.40	37.85
6	Chia Inoue	JPN	9.60	9.55	9.60	9.50	37.70
7	Lydia Ingh	GBR	9.50	9.50	9.55	9.40	37.45
8	Natasha Barankov	URS	9.70	9.40	9.50	9.40	37.40

In the meantime, they had contacted Romanian representative Bill Archer, who helped them get their daughter out of the country. It took five months, but legally Romania could not keep her if both parents were in another country. They did lose their house and property.

The Karolyis were looking for a place, maybe with some trees, and Archer suggested Houston. Last February, they moved in with the Sandance Athletic Club and started their program. In October, they took the option on a lease to buy the rental building.

Since February, the school has grown from 150 girls to 300

Since February, the school has grown from 150 girls to 300. As they did in Romania, the Karolyis look for the girls at a young age. Last summer, they went to day-care centers and kindergarten and offered free lessons on their days. They then tell the mothers which kids have potential of decency and caring, the essential combination for the sport.

"After almost two years, I'm very positive we made the right decision," says Bela, who was named a U.S. national team assistant in December. "The result of the decision we can see right now. We're more and more satisfied."

The one drawback is the financial insecurity in Romania. Karolyi only was concerned with coaching; it's illegal to own a private business. Now he and his wife are trying to break even at

Mixed Pairs

Jacksonville, Florida — The sun, sand, and warmth of Florida's northeastern Atlantic shoreline again welcomed the American Cup Team gymnasts for the third year in a row. And once again Jacksonville Mayor Jake Godbold and the town's citizens made everyone feel right at home during festivities prior to the Charter Company sponsored International Mixed Pairs competition.

This fifth annual meet had 58 gymnasts entered from 14 nations including — Bulgaria, Canada, Czechoslovakia, France, German Democratic Republic, Great Britain, Hungary, Italy, Japan, Romania, Soviet Union, Switzerland and West Germany as well as four pairs from the United States. American pairs were Denise Durham and Jim Hartung, Tracie Takemura and Mitch Gayford, Mary Lou Retton and Peter Vidmar and 1983 defending champions Julianne McNamara and Bart Conner.

The people of Jacksonville were first introduced to this international competition in 1981 when the People's Republic of China's Quan Huang L. Yunkie was the victor in a close competition over the USA's Kathy Johnson and Jim Hartung. The towns folks immediately took the Chinese gymnast into their hearts, which they enthusiastically demonstrated the following year as they cheered Ray Nanki and Zou Lanan into a close 10 competition with Julianne and Bart. Surprisingly this extremely warm



The proud coach Jela Karagic, stands with his prize pupil, Mary Lou Retton as she acknowledges her victory during the McDonald's American Cup.

the school by teaching at San Houston State three mornings a week. Associate professors in physical education, they make the 50-mile drive to Harrisville and are in the gym by early afternoon. Workouts with the club gymnasts go to 9 p.m.

"This is my passion," he says. "That's a very good feeling. But there's a little pressure, with traveling, the facilities. We started a non-profit organization, so try to get sponsors to help for the Olympics. But — huh — we have no sponsors."

It's a really caught up in the excitement of the future, of medals for America and for Texas, the state whose healthy ego nurtures his own. Then his strong legs come down when asked about differences in the two places.

"It's another world," he says. "We miss the family, the relationship with the kids. They were part of our life, not just our profession. Can you imagine if one man in his lifetime could have, at a little club, seven world champions?"

He shakes his head. He is up again, just as quickly. He says he feels very comfortable in Houston, one of the few worlds most discombobulated cities, thanks to home raising laws. Then, coming from a man who adored the woods, the isolation of a Romanian countryside: who hunted for ducks, geese and wild boar on days off.

"I want to fly from Mexico to hunt in October. But unhelpful," says Karagic. Then he adds, raising an eyebrow playfully. "I got a trophy. It's not a gold medal, but I'm very proud. Very proud."



Alina Shadova of the Soviet Union (left) Alina Shojanova of Uzbekistan (center) and Peter Vidmar of the United States (right)

and friendly atmosphere of competition negated any home turf advantage for the Americans. The foreign delegations have all ways enjoyed the competition, due partly to this friendly environment. (However, Jacksonville's favorites — the Chinese — were not on that year's list.) In recent weeks, clarification has been well defined as to their unexpected absence in early March. The American government's decision goes against a Chinese tennis player who defected last year but that caused the Chinese to freeze any cultural — including sport — exchanges with the U.S. Yet, when the Chinese gymnasts received their two invitations for U.S. competition on the American Cup Tour and the USA/China Dual Meet in San Francisco last February, it was speculated that after the Chinese men's domination of last October's World Cup, they were not biting out until the World Championships in the fall. It would have been an interesting strategy but it was international political strategy, not competitive. How the Chinese will then approach the 1984 Olympics will be most interesting.



Karolyi 'preparing' U.S. gymnasts for '84

Sally Wilson

©1983 Dallas Morning News

HOUSTON — At the 1978 World Championships in Strasbourg, France, Bela Karolyi curiously watched a young Californian named Rhonda Schwartz. The Romanian coach thought he saw the next Nadia Comaneci.

"I said that nobody could beat her," said Karolyi. "She was one of the most talented kids I'd ever seen."

Karolyi looked for her at the next World Championships, at Fort Worth. He never saw her again. She was going through the flux of several knee injuries.

"They're trying to do too much in a hurry and there's not consistent preparation for a long period."

Karolyi, who in 1981 defected to the U.S. and now runs a gymnastics school and Olympic training site in Houston, used to be regarded by U.S. gymnasts. They were as talented if not more so than the Russians or the Romanians, but they often dropped out of the sport because of injury. He understands the problem now.

"It's the inconsistency of preparation," said Karolyi. "They're trying to do too much in a hurry, and there's not consistent preparation for a long period. Everybody works on their own, follows their own ideas. That's not bad, but unfortunately, everybody's not on the right track."

One of the most established gymnastic schools in the U.S. is the SCATS club, run by U.S. national coach Don Peters in Huntington Beach, Calif. Johannes McNamara, the American top prospect for an Olympic medal right now, trains there and was recently named by Amy Koppman of Chicago.

In less than a year, Karolyi has established himself as the main rival to SCATS by drawing U.S. club gymnasts Doreen Durban, Mary Lou Retton and Beth Peck to his program. The late, Retton and Durban say, was his excellence in technique and preparation.

"Nobody pays attention to basic preparation," said Karolyi. "They teach them how to do hard tricks. I'd like to give a certain example."

Karolyi would like to see his example come forth as early as the 1984 Olympics.

"There's no Olga or Nadia now," he said. "If they're very prepared, somebody can become a star in 1984. I hope it's going to be an American."



Juliana McManis competes on the pommel horse, an event in which she garnered a score of 9.85. She, and her partner Bart Conner, made it to the second event in the

International Mixed Pairs Gymnastics Championship, but failed to make the final six. They placed seventh in the competition.

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dation with regard to solving USGF officer problems is to be in the office and see what happens, because that reality greatly differs from the perception of one on the outside.

I have had more many more good relationships in my life in the sport of gymnastics than I have had bad ones. I have, however, attempted to identify what, in my personal opinion, can be done to make the USGF a better organization. Unfortunately, when coaches represent athletes and want them to win, the anxiety and irrational behavior that is sometimes elicited as an outgrowth of the competitive environment, has many negative effects on the smooth operation of the national organization.

From a comparative standpoint, the United States Gymnastics Federation has an respectable stature as any other sports governing body in the United States, and we have much to be proud of. We have a sport that we believe in, that the public believes in, one that has proven to be one of the most popular sports at the Olympic Games, and one which is followed by the world's most ardent sporting community in general with great devotion. We have a commodity or a property that is so precious that we must constantly analyze the framework within which that property exists to be sure that the very framework upon which it hangs — the United States Gymnastics Federation — is not diminishing so that property is healthy for us all to engage in self-analysis from time to time, and I think that as a collective organization, it is time for that self-analysis so that we can evaluate and our sport in a positive manner those areas where we need to make improvements.

The Competition — The International Mixed Pairs is a unique event & one of a kind, original gymnastics competition designed to be creative, fun and competitive. The format for Mixed Pairs teams together one male and one female gymnast in a three-round elimination event. In all 19 mixed-pairs entered the first round of optional competitive, with each gymnast choosing one event to perform on. Each gymnast competes, is judged, and their scores are added for a composite team score for each pair. The top 12 pairs qualify for an elite second round, of which the top 6 pairs advance to the finals. In each round the gymnasts must choose a different event, and the final score for each pair is cumulative through the three rounds.

These event choices each gymnast is faced with, and the added variable of how well your gymnast also performs helps to make this competition unique and differently competitive. Because of this competition format and several days rest after New York City, the gymnasts were much more consistent and in turn competitive. The three event format also allowed an injured gymnast a better opportunity — as was the case for Bulgaria's Stojan Deltchev. He finished last in American Cup due to a bad whiplash but made finals at Mixed Pairs.

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Place/Name	Country	1st Round Score	2nd Round Score	3rd Round Score	Total
1 Nadia Natcheva Valeria Arsenov	URS URS	9.75 9.60	9.85 9.75	9.95 9.85	29.35
2 Mary Lou Retton Prisc Williams	USA USA	9.75 9.75	9.85 9.85	9.95 9.85	29.35
3 Tessa Torrance Michele Kuyper	USA USA	9.65 9.75	9.85 9.85	9.95 9.85	29.35
4 Alena Drobot Stephan Muehleir	URS URS	9.65 9.65	9.85 9.85	9.95 9.85	29.35
5 Lenka Apich Ben Drobosch	CZE ROM	9.65 9.65	9.85 9.85	9.95 9.85	29.35
6 Dayi Gventadze Dina Dini	URS URS	9.65 9.65	9.85 9.85	9.95 9.85	29.35
7 Juliana McKinnis Bert Cooper	USA USA	9.65 9.65	9.85 9.85	9.95 9.85	29.35
8 Britta Quast Jim Murray	USA USA	9.65 9.65	9.85 9.85	9.95 9.85	29.35
9 Ben Hattar Ray Solomon	JPN JPN	9.65 9.65	9.85 9.85	9.95 9.85	29.35
10 Hanna Berg Michael Miley	CZE CZE	9.65 9.65	9.85 9.85	9.95 9.85	29.35
11 Stefania Jurdich Jana Bouckova	CZE CZE	9.65 9.65	9.85 9.85	9.95 9.85	29.35
12 Anna Rabinov Philipp Christof	FRA CAN	9.65 9.65	9.85 9.85	9.95 9.85	29.35
13 Yvonne Lucet Gustave Dore	ITA ITA	9.65 9.65	9.85 9.85	9.95 9.85	29.35
14 Andri Jurek Jose Pajares	HUN HUN	9.65 9.65	9.85 9.85	9.95 9.85	29.35
15 Ravenna Lombardi Walter Long	FRA CAN	9.65 9.65	9.85 9.85	9.95 9.85	29.35
16 Monika Jan Marie Puff	ITA ITA	9.65 9.65	9.85 9.85	9.95 9.85	29.35
17 Tamasz Gabor Harajiri Dora	JPN JPN	9.65 9.65	9.85 9.85	9.95 9.85	29.35
18 Cheryl Featherstone Tony Griffin	GBR GBR	9.65 9.65	9.85 9.85	9.95 9.85	29.35
19 Nina Drobot Jana Knapova	CZE CZE	9.65 9.65	9.85 9.85	9.95 9.85	29.35

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Brian Meeker vs. Tim Daggett — Consistent and solid throughout, Meeker fought long and hard but to no avail. Once the clock ticked after Meeker's 9.70 horizontal bar routine, Daggett emerged the victor by .05, the smallest winning margin in the entire men's competition.

Meeker's 56.55 was the highest score received by the gymnasts who failed to qualify for the semifinals. His outstanding tricks included a full in back-out mount on floor, back uprise from toes on parallel bars and a double twisting double back off horizontal bar.



Scott Johnson, who has been known to upset his opponents, kept one on one score by Stacy Maloney on the horizontal bar to go on and win.

Stacy Maloney vs. Scott Johnson — A fine and consistent effort by Maloney, a graduate student in fitness, kept him in the running against the overpowering Johnson.

Maloney has an appealing style, his execution is clean and smooth. On parallel bars, his cast support is caught with a near straight body at horizontal. His straddle handstand is well executed, using good technique and tight leg form. And on horizontal bar, he opens with an original combination — back uprise to handstand, front somerol with regular grip, back somerol, immediate reverse back.

Jim Milosev vs. Tim Daggett — Milosev got off to a slow start when on floor his back double dismount overturned taking him out of bounds. After three events, Daggett commanded a 1.25 lead. Milosev then picked up the pace with a clean piked double front vault (9.7) and a beautiful horizontal bar routine (9.65). Daggett's failure to catch his toe on reverse back could have been costly had it not been for a sizeable lead picked up in the preceding five events.

Although not one of the tournament's more consistent competitors, Milosev's mastery of basics is evident in his strong technical execution. His impressive tricks include a triple twisting back flip and a 1½ twisting Arabian handspring on floor and on horizontal bar a one-arm combination — a Higgins roll into a half Oso.

Roy Palassou vs. Peter Vidmar — This match between top-rated Vidmar and fast up and coming Roy Palassou proved to be the most exciting of the three-day tournament.

Flipping his way to a 9.80 on floor with a routine using no less than nine somersaults, Palassou quickly dispelled anyone's preconception that this would be an easy win for Vidmar. Strong performances by Palassou gained him a two-tenth lead going into the fifth event, parallel bars.

Vidmar, who up to this point had been a little less than his usual self (he had failed to stand up his ring dismount, a double-twisting double back), came through on parallel bars with a 9.90, establishing for himself a one-tenth lead.

Going into horizontal bar, Palassou found himself in an enviable position with Vidmar well within striking distance. However, a missed jump to invert by Palassou took the pressure off Vidmar for the first time. Finishing the meet like a true champ, Vidmar executed with virtuosity both his Markovov vault immediate Greiner and his Jaeger (front flip stretch) out of inverts. A 9.80 on high bar brought Vidmar's all-around score to a 58.55, the highest and possibly the most hardy fought for score in the entire tournament.

Floor — Winning floor with a 9.80, Johnson was clearly the outstanding performer with exceptional difficulty and clean execution. His routine uses a layout double back somerol, full in back out, full twisting drive roll, straddle jump, punch front 1½, and a stack pike double back dismount.

Pommel Horse — A perfectly executed routine by Vidmar earned him the highest score, 9.80. Vidmar breaks into his scissor combination from a handstand, does a spindie within three circles and flares to a handstand on his dismount. All four competitors are competent pommel horse swingers. All finished this event virtually deadlocked with no more than 2.05 separation.

Rings — Powerful swing, solid handstands and a double-twisting double back dismount captured the event for Johnson. His 9.75 routine put him in the lead with Cahoy and Vidmar close behind.

Daggett picked up nag rings in his routine thereby scoring an 8.70 which virtually eliminated any chance he might have had of winning the tournament.

USGF SINGLE ELIMINATION CHAMPIONSHIPS
December 17-21, 1982, Reno, Nevada

Vault—Each competitor executed a good vault, but none of the vaults were extraordinary. Vidmar received the highest score, 9.65. Both Vidmar and Daggett used piked handspring front while Cahoy and Johnson used Kesavastava.

Coming out of vaulting, Johnson continued to hold on to the lead by two tenths.

Parallel Bars—Each of these four competitors is a truly outstanding parallel bar performer. Cahoy and Johnson tied for first at 9.80. Cahoy uses much originality (from the side) swing through peach to a V-bar pass out to handstand and a Charnodov 1½ to one rail immediate ¼ pirouette, as in a Charnodov 1½.

Johnson's routine is unlike the other three in that it is more moving, fast moving, and dynamic as demonstrated by his straddled front 1½ to Kato flip. After parallel bars, Johnson remained out in front by a wider but slim margin (.25) while Vidmar and Cahoy followed in a close tie.

Horizontal Bar—This is another strong event for all four competitors. Unable to break their tie or to take over the all-around, Cahoy and Vidmar tied and won the final event with 9.8s. Both had solid routines and used the front flip recatch out of inverted. Cahoy uses an original one-arm combination: half pirouette, Higgins roll, half Ose out.

Johnson, using a one-arm Gerger, followed close behind Cahoy and Vidmar with a 9.75 which gave him enough to make him last out of the all-around by two tenths.

Men		Final	
Performances	Qual Points	Final	Points
Beth Beery	54.45	Final	57.30
Billy Paul	54.75		
Don Erwin	54.45		
Phil Cahoy	57.45	Final	57.35
Geary Watson	54.10		
Mike Case	54.90	Final	56.45
Steve Mason	54.75		
Scott Johnson	57.35		
			Scott Johnson
Byron Koss	53.10		
Jim Miley	53.24	Final	54.20
Edna Martin	54.55		
Tim Daggett	55.00	Daggett	57.15
Tom Barnard	56.45		
Ray Robinson	56.55	Final	57.05
Eyn			
Phil Vidmar		Final	56.15
			Phil Vidmar

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USA vs JAPAN—It has become a traditional event, the Junior Men's Competition, USA vs Japan, was held at the newly built field house at the Olympic Training Center in Colorado Springs on January 7, 1983. For the first time, this event was conducted in conjunction with the winter training camp. All the participants thoroughly enjoyed the exchange and interaction between the teams during training. All the gymnasts who participated in the competition were 16 years old and under, which was different (age requirement restrictions) from any previous competitions held in the past. The gymnasts who competed for the USA Team were picked primarily from the Jr. Elite Team members, except two Class I gymnasts were added due to injuries and other reasons. The gymnasts who competed were: Jon Olson, Dan McCann, Wes Sauer, Charles Loken, Steve Jaeger, John Levy, and Mike Rice. The competition format was set for seven gymnasts to compete with the best five scores to count toward the team score since the Japanese team brought seven gymnasts. Both teams agreed to deviate from the normal international event format.

The prediction of the meet from the observations made during training was an interesting one. The Japanese team appeared fairly close in ability among all team members and certainly very consistent in their performances as a whole. On the other hand, the USA gymnasts appeared to have more talent and showed some outstanding areas in several events, but less consistency in see page 39

(See Page 39)



DANCE TECHNIQUES . . . POSTURE, PLACEMENT, TURNS AND TURNOUT

HELEN P. HENDERSHOOTT

Proper dance technique is an integral part of all phases of gymnastics. From a dancer's viewpoint, gymnastics is an exciting and challenging extension of dance which stimulates one's imagination far beyond the normal range of movement possibilities.

From the gymnast's point of view, dance is far too often a routine one must take to get ideas on connections for floor and beam routines. The actual dance techniques of body placement, turnout, pumping and turning are not always considered to the gym, but left in the dance studio. Ideally every gymnastics club should have proper dance workout. A dancer who knows gymnastics so must the gymnast in applying dance techniques to the gymnastic events.

Placement.—As learned through dance, a basic understanding of proper posture and body alignment will help the gymnast to maintain balance and control in all skills and improve body mechanics in vaulting, tumbling and bars. A sagging back will lower the vaulter's center of gravity which makes it difficult to achieve good flight patterns. This same posture problem will make twisting moves in all events difficult and often dangerous. On floor and beam it will interfere with the aesthetic look of every skill and represent a tremendous strain on the lower back.

In attaining good posture, the gymnast must be "placed" by hand many times during every workout while upright, inverted, and in hanging positions, during the different events. The abdominals must be pulled in and up under the rib cage. The rib cage must not be allowed to arch back when pulling up. The pelvis must be kept level, neither tilted backwards nor forwards. The psoas (hips) must be pulled tightly together and the shoulders held straight down (neither rounded forward nor arched back).

This same straight backed position must be maintained when in flight, hanging from the bars and when upside down in a handstand. It is a simple matter to maintain a straight back when the hips are flexed and the arms are not above shoulder level, but gymnasts very often must take positions where the entire body is extended with the arms above the head. What often happens is that, to extend the legs the gymnast simply uses the muscles in her lower back to extend the legs and the muscles in the upper back to extend the shoulders. These very big muscle masses were not built to perform this tremendous task. They, along with the abdominals, are meant to do the job of holding the body and spinal column straight and erect.

Another important concept is the position of shoulders in relation to the hips when viewing the body from the front or back.

The gymnast must be taught to isolate the different muscle groups so that she may use the correct muscle groupings to perform the tasks they were meant to perform. By pulling tightly with the psoas and hamstrings, the legs are extended while the abdominals and small muscles in the back counterbalance each other in keeping the back straight. By using the large muscles in the shoulder girdle, the arms can be lifted without putting muscles in the upper back into the wrong role of arching the rib cage.

Body placement involves more than just anterior posterior posture. Another important concept is the position of the shoulders in relation to the hips when viewing the body from the front or the back. When the gymnast is standing with her weight on both feet, the shoulders are directly above their corresponding hips and the legs are both equidistant from the floor. It is natural for the hip on the side of the lifted leg to also lift. This causes the shoulders to tilt away from the lifted leg and to shift laterally in the same direction. This is the cause of most losses of balance in volterres, sepiotes, turns on one foot and any other skill which places the gymnast on one foot.

A strong effort must be made to hold the hip down and shoulder over hips when the leg is lifted. The hips and shoulders should also be "squared." For example, when the leg is lifted to the back, the shoulder on its side would tend to turn back with it. Both shoulders must remain forward. The same thing tends to



As for all dance techniques gone, the elite legs (above) demonstrate how posture and placement make this an opposing sport for the eye. (Right) Jolene or McManis at the 83 McDonald's American Cup. (photo by Dave Black)



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There is an inherent danger in using turnout if used incorrectly. As mentioned above, the turnout must be from the hip. Many unsupervised beginners will try to use turnout, but only manage to turn the foot. The foot must not be turned any further than the hip will turn at. Otherwise some ligaments and cartilage in the knee will be the result of the twisting action put on the knee. Turnout should be developed under the supervision of a professional teacher who can give special exercises, such as pikes, and supervise all of the possible applications of turnout in gymnastics.

Techniques learned and perfected in dance and tumbling will aid and benefit other motions such as the balance beam (right) and the high bar (below).



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Turns— Once good posture and placement are achieved, the gymnast must practice balancing on the toes of one foot while the other leg is placed in all possible positions used in turns such as arabesque, straight-leg extensions to side and front, attitudes back and front, see in cou de pied (see at ankle), and passé (see at knee).

The gymnast should practice rising to the ball of the foot from a bent knee position (plie). She must completely transfer her weight to the bent leg before she rises to her toe (relevé). This enables her to concentrate solely upon going straight up during the relevé. During the relevé, the lifted leg must be placed, not thrown, into its final position to be held during the turn. If the leg is kicked into position, chances are that it will drop to a lower position during the turn, causing a loss in placement with ensuing loss in balance.

The arms are used only to control the speed of the turn. If we imagine a line going through our body from top to bottom we will have a longitudinal axis around which our body revolves during turns. If the gymnast intends to turn right, she prepares with her right arm forward and the left arm to the side. As she initiates the turn with the relevé, she opens her right arm to the side. She then quickly brings the left arm forward to meet the right arm in front of the rib cage. While the arms are close to the longitudinal axis of the body (they can also be brought to a vertical position overhead), the turn will remain fast. Near the completion of the turn, the arms are opened out to the side. Taking the arms farther from the longitudinal axis slows the turn for a controlled finish.

Turns done in arabesque or other positions where the lifted leg is held extended or slightly bent, but away from the working (support) leg, are naturally slower than those in which the lifted leg is held close to the other leg (see at knee or ankle of support leg). These types of turns can be speeded up by putting more energy into the push-off, but there is a greater possibility of losing body alignment. Because you must balance longer during a slow turn (as push off harder to make the turn faster (and take the chance of losing placement under stress), these turns are more difficult.

Most turns start from fourth position (one foot in front of the other and both legs turn out) with the front leg bent in a hinge position, weight over from foot, hips and shoulders squared and right arm forward if the turn is going to the right and vice versa. The same finish as relevé with the lifted leg still in the same position it took during the turn.



From here it is ideal if the lifted leg leads over into the next skill such as a walkover or cartwheel, rather than stepping into the skill and landing over with the other leg.

All turns on one foot fall into one of two categories. The turn is termed "outward" (en dehors) when it is done by turning to the right on the left toe. It is termed "inward" (en dedans) when it is to the right on the right toe and vice versa.

Spotting is a technique which allows the gymnast to remain completely oriented in space during the turn. To exemplify the importance of space orientation, let us suppose our gymnast is on the beam about to execute a 1½ pirouette on one foot. Following the turn she will immediately perform a front walkover. She must be able to stop the turn exactly where she wishes, otherwise she may step into space instead of into the front walkover. Spotting properly, allows the eyes to be still and focused on the point of termination throughout all but the slightest moments during the turn. It is used in jumps with turns as well as pirouettes on the floor or the beam.

Spotting is really quite simple. As one begins turning, the gymnast focuses the eyes in front of her where she faced when she began. When her body has revolved so far that she must turn her head, she snaps it around very quickly to focus on the same spot. Her body will arrive at this finishing point after the head. This gives the body the cue as to exactly where it is to stop.

If one wishes to do a ½ turn or a 1½ turn, a slightly different technique is used. Before the first ½ turn, the head is turned in the direction of the turn, ½ rotation. The body will follow to complete the ½ turn. To make the last part of the 1½ turn, the body continues in the same direction, but the head is left behind at its spot for a full turn. It is then snapped around to rest at the same spot as the body completes the last ½ turn of the 1½ turn. To spot for a double turn, the head snaps twice.

In a ground floor or beam exercise, not all the same kind of turns should be used. There should be inward and outward turns, and turns with the lifted leg close to the longitudinal axis and those with the lifted leg away from the axis (arabesque and attitude turns). A beginner will find outward arabesque and attitude turns much easier than inward ones and the turns with the lifted foot at the ankle simpler than with it at the knee.

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continued from page 31

their performances as a whole. Therefore, the key factor for the USA Team would be to hit at least five routines per event in order to have an edge over the Japanese.

The Japanese team took a lead over the USA Team on the first event, floor exercise, showing very strong tumbling and consistent routines. However, the composition of the routines for the Japanese team was rather stale considering the skill level they performed at. The average score for the Japanese team was 9.55, which was the second highest event score at the meet. The USA Team's routines in contrast had some interesting parts and combinations in their routines to average 9.38 for the team.

The pommel horse was just reversed from the floor exercise event. The USA Team swung freely with better overall technique compared to the Japanese team. Due to some executional errors, the USA Team was only .55 better than the Japanese team in the team's total score.

The rings were a semi-disastrous event for the USA Team with three missed routines (minor) counting toward the team score. Only one solid routine was hit by John Levy, receiving 9.5, which was the highest in that event. The American team average was only 9.07. Most of the mistakes were made in the handstand position, and strength holding parts, caused mostly from a lack of physical strength of our gymnasts. The Japanese team on the other hand, appeared to have a better balance of strength and swinging technique which led them to steady routines scoring .95 better than the USA Team in the event.

The vaulting event was fairly even. The Japanese team featured more Tsukahara type vaults, whereas the USA Team used more handspring type vaults. The Japanese recorded the highest average score of 9.57 in the entire competition on this event, the US Team averaged 9.48. The score difference between the two teams came mostly from the landings, which cost the US Team .4 down a team.

The real disaster for the USA Team happened on the parallel bars. Four routines had major breaks, with two of those (8.35 and 8.25) counting toward the team score. The Japanese team was not particularly strong on this event, but again, they were very consistent and met all the requirements to manage an average team score of 9.39.

At this point, the spread of the team score was 3.9 points. The Japanese team was leading, thus the interest of the competition shifted to the best performance of each individual on the last event, high bar. Fortunately, we were able to close the competition with some spectacular performances, and the audience thoroughly enjoyed the climax of the evening. The most outstanding leg routine came from Charles Lakes who executed a variety of interesting combinations using one arm giants. The other and piked half to full out dismount scoring 9.9. This was the highest individual score for the meet. The next super routine came from Wes Suter who did an excellent one arm giant to Gienger and a

spectacularly high kiffin halfout dismount receiving 9.8. The highest score for the Japanese team was received by Kawamura who performed an excellent Marickov and full in fullout dismount receiving 9.6.

The final team total was 282.68 for the Japanese team and 279.10 for the USA Team. The spread of the team score was 3.5 of which three points were lost in two events — rings and parallel bars.

**USA vs. Japan
Junior Men
U.S. Olympic Training Center
January 7, 1983
Colorado Springs, Colorado**

		FE	PH	R	V	PS	HB	AA	Total
Dicki Kawamura	JPN	9.55	9.75	9.45	9.50	9.45	9.80	12.80	
Kawamura Naoki	JPN	9.75	9.55	9.25	9.50	9.60	9.50	12.15	
Kiy Kawamura	JPN	9.25	9.30	9.50	9.50	9.00	9.15	10.35	
Shinichi Sugawara	JPN	9.00	9.10	9.00	9.00	9.30	9.10	10.70	
Toshinari Tsudoyi	JPN	9.85	9.10	9.20	9.00	9.25	9.45	11.40	
Toshinari Yabuta	JPN	9.05	9.40	9.30	9.40	9.50	9.70	11.70	
Takafumi Yamada	JPN	9.45	9.30	9.35	9.10	9.05	9.95	11.20	

		FE	PH	R	V	PS	HB	AA	Total
Steve Jungert	USA	9.10	9.15	9.10	9.40	9.35	9.25	10.25	
Charles Lakes	USA	9.45	9.45	9.80	9.10	9.25	9.30	11.75	
John Levy	USA	9.05	9.05	9.00	9.50	9.25	9.15	10.00	
Jon McCann	USA	9.70	9.05	9.35	9.55	9.10	9.75	11.25	
Jon Smith	USA	9.85	9.85	9.75	9.60	9.50	9.10	12.50	
Mike Suter	USA	9.40	9.30	9.95	9.40	9.30	9.50	11.75	
Wes Suter	USA	9.40	9.40	9.75	9.55	9.50	9.00	10.60	

		FE	PH	R	V	PS	HB	Team	Total
Japan	JPN	47.75	47.15	46.20	47.75	46.80	47.70	292.10	
USA	USA	44.90	45.80	45.25	47.45	44.80	42.85	279.10	

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BLIND GYMNASTS COMPETE IN NATIONAL MEET

DR. BETTY SUE REINSON and MRS. NORA HUTCHESON

A gymnastics meet was held in Austin, Texas last summer. Considering the fact that gymnastics meets were probably being held throughout the world during this time, one would not consider this a singularly spectacular or unusual happening — except for the fact that there was something unique about this meet. All of the competitors are classified as legally blind? To even the most experienced viewer, this has to be a noteworthy, if not an awe inspiring, item. The importance of the sense of sight in displacing skills, maintaining good form and amplitude, perceiving the relationship of body parts each to another, achieving and maintaining good bal-

ance throughout individual skills and entire routines — in short, the performance of skills in all of the movement events — cannot be overestimated.

For all intents and purposes, the skills executed by these young gymnasts were nothing short of mind boggling. They see the world through eyes different from the sighted. Because of degrees of vision loss, the gymnasts see the world through eyes different from each other.

Although most people are unaware of the fact, some form of competitive gymnastics for blind athletes has been available though sporadic since the early 1950's. Twenty to thirty years ago, blind girls performed gymnastics "events" and tumbling during Play Days between the residential schools they attended. As the interest grew, some individuals enlarged their repertoire of skills. A few began to participate in gymnastics activities in their local area while others restricted their participation to an extended gymnastics competition among residential schools.

Two years after the formation of the United States Association for Blind Athletes in 1976, gymnastics for women became a sanctioned competitive sport for the blind and visually impaired. During the national competition in gymnastics in Seattle in 1979, the gymnasts performed USGF Class III (Beginning) compulsory routines only for the 1980 championships at Western Illinois University. divisions of competition included IIA (Beginning Compulsory), IIB (compulsory, optional), IIC (intermediate compulsory), and IIE (compulsory, optional). With the increase in difficulty of the USGF levels, USABA added the Class IV (novice) level for the 1984 championships at Southeast Missouri State University.

In addition to participating within six ability levels as prescribed by the USGF, gymnasts also compete within visual classification. A (totally blind through light perception or a visual field of 5 degrees or less), B (from perception through 20/400 or a visual field of more than 5 degrees through 10 degrees), C (20/200 through 20/200 or a visual field of more than 10 degrees through 20 degrees). By way of further explanation, to state that in order to be able to compete in the Blind Games, the legally blind athlete's vision may be no better than 20/200. In other words, the gymnast can see at 20 feet what a person with normal vision can see at 200 feet.

Although competition utilizes the official rules of the USGF, in the interest of health and safety for its blind constituents, the USABA Gymnastics Technical Committee has adopted some modifications to the "able bodied" rules. Some changes include the following: A coach or spotter must be present in the area for any move considered to be a risk for a particular competitor without incurring a deduction. The regular deduction shall be made for contact with performer or equipment. The equipment for balance beam and vaulting horse may be used at lower height specifications regardless of age of competitor. The music for floor exercise may be placed at any point in relation to the mat to aid the competitor in directionality. On the balance beam the competitor may be verbally warned by coach or spotter without penalty when the latter considers she is in danger of going off the end of the beam. Also the balance beam runs clockwise (left) is a legally blind gymnast from The School for the Visually Impaired located in Montgomery, New Mexico.



competitor may choose approach for mount with the hand-trail leg the beam. These starts on first upward movement to mount in vaulting, the vaulter may use a running take-off, a hop or multi-throw take-off or a double-bounce take-off beginning, by standing on the board with hands in contact with the horse. No bail help may be given by the coach during any part of the vault and spotting is highly encouraged. The safety of the gymnast is of utmost importance. There are also some modifications in the compulsory routines. However, by and large, the blind gymnasts do a phenomenal job of executing across which they have never seen, or have seen, take a huge magnitude of

"Life's prizes are not won by those who are endowed with nature's gifts — they are won by those with a will to win."

USA Gymnastics is in the developmental stage. Out of intermediate level and several beginning level gymnasts compete. The majority of present competitors are at the novice level as it takes many hours of work and years of development to be a successful athlete. Let alone a talent scout.

Featured are **Pita Quintana** of Alamogordo, New Mexico, a legally blind guitarist whose visual acuity is 20/200 and Gloria Lopez of Carlsbad, New Mexico, a Class A guitarist who has only light perception in one eye. Pita has competed at the intermediate level as a member of the local youth center team in USOP Competition as well as represented New Mexico School for the Visually Handicapped and the New Mexico Association

For Blind Athletes in sports for the blind, Para Judo USA has level II Class C records. Gloria has competed in Class IV compulsory moves in the Alamogordo area as well as in records for the blind. Gloria has played in USGB competition in uneven bars and is a USA Judo level III Class A second holder.

These two transatlantic phone links from Annapolis, Texas and the Texas School for the Blind will be in USARPA Level B1b Class C, second holder and Maria Serrat of Cleveland, Ohio who is commanding Level IV Class B german, made up the demonstration team that USARPA sent to the Republic of Panama in August of 1984. These performers were enthusiastically received by educators attending the VII Pan American Congress for Education of the Blind in Panama City. A demonstration by Gloria Pao, and Maria during sports competition between the Blind of Mexico, Canada and the USA was also viewed with interest. It is expected that the next sports meeting of these countries will include germano competition.

Likewise the USA Delegation to the Second World Championships in Goal Ball included a gymnastics demonstration team. It is hoped that such a demonstration for the world leaders and athletes assembled in Indianapolis during June 27-July 5, 1982 will help the Sports Technical Committee of the International Blind Sports Association favor gymnastics for inclusion as a sport in the 1984 Olympics for the Disabled to be hosted in the United States at the University of South Carolina.

It was once said that "life's prizes are not won by those who are endowed with natural gifts—they are won by those with a will to win." In this respect as well as in many others, the blind person is very much like her visually sighted counterpart—endowed with a will to win. All legally blind gentlemen are invited—encouraged—to participate in the 1985 National Deismosia Championships of the United States Association for Blind Athletes. For more information, contact Mrs. Peter Holcomb, 1205 Juniper, Alhambra, New Mexico 88310, Telephone (505) 437-6586.

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MUSCLE BRUISES AND STRAINS

DOUGLAS W. JACKSON

Dr Jackson has prepared an excellent article on one of the more common injuries seen in all sports, namely muscular injuries. Deep muscular bruising and muscle pulls or strains are a major source of time loss from gymnastics training and competition. Dr Jackson has provided an excellent review of the terminology involved with the gradations of muscle strains and the nomenclature of various types of muscle bruising. His comments on the treatment of these problems are quite appropriate, and if used properly will result in the most rapid return possible to training and competition. *Nanci C. Sima, M.D.*

MUSCLE BRUISES—A bruise is an injury to a body tissue caused by external force applied to the body.

One of the most common injuries sustained by athletes, regardless of a particular sport, is a contusion, commonly called a bruise. A bruise can occur to the skin, to the subcutaneous tissue, or to the bone; in athletes the term bruise usually means an injury to the muscle. Essentially, the muscle bruise is tissue damage caused by an external force applied to the muscle or sustained when the body strikes an external object. In other words, either the body is struck by an object, or the body runs into or falls onto something like a pole, the ground, a bench, etc.

Unknown to most, an interesting bit of folklore is recently has associated with the muscle bruise. In the 1890s, a white horse named Charley pulled a leveling device on the infield of a St. Louis City (now baseball field) Park. Charley had a characteristic limp and the players used to say "Here Comes Charley Horse." As time passed, an injured player who limped out onto the field was likely to be greeted with "Here Comes Charleyhorse." The saying caught on, and as use spread to many other athletic circles, then into common usage, and a muscle bruise came to be known as a "charleyhorse." Although the term is occasionally used incorrectly to mean a muscle cramp, it really refers to a muscle bruise or contusion of the muscle on the front of the thigh.

With a muscle bruise, the damage to the muscle itself, although potentially disabling for a short time, is usually temporary. There is usually local bleeding associated with this type of injury which is the cause of the almost immediate swelling and discomfort. The bleeding can continue oozing until there is enough pressure built up in the area of the muscle to stop it. The bleeding may work its way to the surface or, if the result is near the surface of the skin, a bluish discoloration, called an ecchymosis (the typical "black and blue mark"), may result. However, a deep muscle bruise can be present even if there is no visible discoloration.

The disability resulting from a bruise is directly related to the amount of actual muscle and tissue damage and the amount of bleeding that results. The more extensive the bleeding and swelling, the longer the recovery period will be. Although we know a bruise will heal even if nothing is done to treat it, when athletic participation or competition is involved, it is usually important to do the greatest to minimize the effects of such an injury and hasten the recovery period where possible.

The best way to diminish the extent of disability related to a muscle bruise is to control the bleeding and swelling when the damage occurs. Apply ice to the area of the bruise as quickly as possible. A compression dressing such as an elastic wrap, and elevation of the injured part, will also help. Raising the injured muscle initially is very important for recovery and tends to shorten the period of disability.

To be sure a muscle bruise or charleyhorse is healed, be sure that muscle function and strength have been re-established before the gymnast returns to play. There must be a return of the full range of motion in joints adjacent to the bruised area with muscle function restored in the entire extremity. The surface discoloration (black and blue mark) may take some time to resolve but its presence does not preclude the gymnast from returning to participation.

A special complication of a muscle bruise is a condition called myositis ossificans. An occasional athlete will experience a muscle contusion so severe that the healing process is disturbed and the body begins to deposit bone in the area of the bruise in reaction to the severe inflammation and damage to the muscle cells and surrounding tissue.

Myositis ossificans is most likely to occur in large muscles such as the thigh muscle (quadriceps) and in the muscle on the front of the upper arm (brachialis). There is significant swelling and inflammation when this process occurs. This abnormal bone formation caused by injury is, on occasion, confused with a malignant tumor. Parents should remember that myositis could also be a form of cancer and does not change into cancer with time. There is usually no specific treatment for the problem of myositis ossificans, once the abnormal deposit of bone has taken place. On occasion, where the bony tissue interferes with muscle function, it may be removed surgically.

Prevention of muscle bruising is sometimes possible. The use of special pads or guards has resulted from past experience with repeated bruising of athletes in many sports. For example, in soccer the shin are very vulnerable to being kicked and shin-guards are used. In football, where the thigh muscles are vulnerable, players wear thigh pads for protection. The list goes on and on, but the principle is the same—the value of protective equipment should not be underestimated, and the gymnast should be encouraged or required to wear it whenever playing.

A gymnast who suffers injury severe enough to produce great swelling, pain and limitation of motion of an adjacent joint should be evaluated by a physician who is knowledgeable about sports injuries, to be sure the damage is to the muscle alone, and not to the bone itself, the growth plate or the ligaments of the adjacent joint.

MUSCLE STRAIN—A strain is an injury to a muscle tendon unit.

A muscle-tendon unit provides power and strength resulting in movement of the joint. Injury to any part of this unit is called a strain, and should be differentiated from the sprain or ligament injury.

The fibers of a muscle contract or shorten, causing the movement of the joint. The size, strength and condition of the muscle determine the force transmitted through the tendon. The tendon attaches the muscle to the bone and is tough fibrous and usually contains no tearing. Muscles produce the power and tension transmitted to the bone, resulting in joint motion, or body movement.

The muscle-tendon unit can be injured several ways. Tears in the muscle fibers themselves are common, and the resulting injury is called a muscle strain. Tearing of the tendon fibers at the junction with the muscle, or in the substance of the tendon itself, or at the tendon attachment to bone, are called tendon strains. Although it is possible to injure both ligaments and muscle-tendon units at the same time, this is a less common, very severe injury. More commonly, the injury involves one or the other—and both—especially in the groin.

Like sprains, strains are graded as to severity. A mild strain in which fibers of the muscle-tendon unit are damaged but not torn is a Grade I strain. The swelling and discomfort from this injury may take five to ten days to resolve.

A Grade II strain involves tearing of either the muscle or tendon fibers and will take two to three weeks to heal. The injured part requires protection from further injury and rest during this time, and may require rehabilitation to re-establish full muscle function.

A Grade III strain is much more serious and involves a complete rupture of the muscle or tendon unit. Although this type of injury is rare in the growing gymnast, it can occur. Note the capsule shown in illustration seven.

This type of injury to the tendon usually requires surgery to repair the tendon, although occasionally splinting alone may suffice if it is the muscle that ruptures.

A "pulled muscle" is the common term for a muscle strain, and a hamstring pull (the hamstring muscles are those on the back part of the thigh) is one of the more common strains. As with the other injuries around or over a joint, the possibility of a growth plate injury must be considered if pain or disability is severe or prolonged. Careful evaluation by a physician is warranted to diagnosis and treatment of this type of injury in its position.

Again, ice, compression, elevation and rest help to limit and resolve the swelling and bleeding associated with muscle-tendon strains. Crutches may help to reduce use of the injured area or splinting, bracing or casting may be needed, depending upon the severity of the injury.

Full recovery from a strain requires an adequate period of time for the muscle-tendon unit to heal and assurance that the unit has returned to its previous strength. Rehabilitation may include muscle strengthening exercises prescribed by a physician, sometimes under the supervision of a physical therapist.

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